

MEMBERSHIP ELIGIBILITY	CURRENT ENROLLED STUDENT	OFFICE HOURS	9 am - 5 pm
	VALID ITALIAN PHYSICAL CERTIFICATE	ADDRESSES	<a href="mailto:athletics@johncabot.edu">athletics@johncabot.edu</a> Vicolo della Penitenza 26- GIANICOLO RESIDENCE
	COMPLETED ATHLETICS FORMS		

### RECREATIONAL CENTER - CLASSES - Summer II 2014

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
4:15 PM		FITCROSS		FITCROSS	
5:15 PM		CALISTHENICS - Body Weight		CALISTHENICS - Body Weight	
6:15 PM	ABS & LEGS	ZUMBA	ABS & LEGS		
7:15 PM		PILATES			



**RECREATIONAL CENTER OPEN FROM:**  
**8 AM TO 10 PM MONDAY- FRIDAY - 10 AM TO 8 PM SATURDAY AND SUNDAY**  
**VALID JCU ID CARD NEEDED TO ENTER THE GYM**



### Sports - Summer II 2014

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
DODGEBALL 6vs6 INTRAMURAL	Petriana	Tuesday, July 1st	Pick Up Game - "Basic" Physical Needed
SOCCER 5vs5 INTRAMURAL	Petriana	Tuesday, July 8th	Pick Up Game - "Basic" Physical Needed
BEACH VOLLEYBALL INTRAMURAL	Empire Sport Resort	Tuesday, July 15th	Pick Up Game - "Basic" Physical Needed
RUNNING CLUB	Meet at the Fitness Center	Monday/Wednesday 6:30pm-8:30pm	"Basic" Physical Needed

### Outdoor Education\* - Summer II 2014

\*Please notice that all participation fees are not refundable. Payments can be made online or by credit card at the athletics office, by the deadline given.

ACTIVITY	WHEN	WHERE	PRICE
Sailing Day Trip	July 4th	Ostia (Rome)	€80 (min 6 people - max 8 people) - DEADLINE: June 30th
Hiking Day Trip	July 11th	Genga (Marche)	€50 (min 6 people - max 8 people) - DEADLINE: July 7th
Hiking Weekend	July 18th - 19th	Enchanted Forest of Patignone (Abruzzo)	€120,00 (min 4 people - max 8 people) - DEADLINE: July 14th

### External agreements\*\* - Summer II 2014

\*\*Please notice that all external agreements require a participation fee each time you use the facility. Payment must be made directly to the facility.

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
Aikido	Jurokumon dojo Vicolo della Penitenza 25	Monday-Thursday	Info at <a href="mailto:info@jurokumon.it">info@jurokumon.it</a> "Basic" Physical Needed
Basketball	Petriana Via S. Maria Mediatrice	Monday-Saturday	Free outdoor court. Bring your basketballs "Basic" Physical Needed
Cricket Team	ASD Stone Tower Torrimpietra (Rm)	Wednesday/Friday	Info at <a href="mailto:stonetower.asd@gmail.com">stonetower.asd@gmail.com</a> "Basic" Physical Needed
CrossFit	CrossFit 11 K Via San Fabiano 7	Everyday	Info at <a href="mailto:undick@gmail.com">undick@gmail.com</a> - +39 339 5730664 "Basic" Physical Needed
Yoga	Odaka Via S. Maria in Monticelli 66	Everyday	Mandatory Reservation at <a href="mailto:info@odaka.it">info@odaka.it</a> "Basic" Physical Needed
Lacrosse Team	Roma Leones Via Salvatore Pincherle 144	Monday/Wednesday: 8.30pm-10.30pm	Info at <a href="mailto:info@romaleoneslacrosse.it">info@romaleoneslacrosse.it</a> "Competitive Sport" Physical Needed
Manual Therapy and Rehabilitation	Dr. Monteiro Diederichs Via Nomentana 13	Everyday	info: <a href="http://www.monteiodiederichs.com">www.monteiodiederichs.com</a> +39 0644250094
Paintball	ASD Stone Tower Torrimpietra (Rm)	Everyday	Info at <a href="mailto:stonetower.asd@gmail.com">stonetower.asd@gmail.com</a> "Basic" Physical Needed
Sailing	Velamare Via Dandolo 24	Weekend	info at <a href="mailto:roma@velamare.it">roma@velamare.it</a> "Basic" Physical Needed
Swimming	Petriana Via S. Maria Mediatrice	Monday to Saturday	Bring your swim cap, slippers and towel "Basic" Physical Needed
Tennis	Nocetta Sport Complex Via Silvestri 16/A	Everyday	Mandatory Reserv. at +39 335 6859271 (Antonucci) "Basic" Physical Needed
Doctor on Guarini Campus ("Basic" Physical - €20 cash)		Sunday, June 29th: 12pm-7pm --- Monday, June 30th: 9am-2pm --- Thursday, July 3rd: 3pm-5pm	

PLEASE NOTE: This schedule may be subject to change